

# DESERT AIRMAN

Davis-Monthan Air Force Base, Ariz.

Friday, Sept. 12, 2003



Airman 1st Class Ruth Spierling

## A taste of honey...

(From left to right) Lt. Col. Karl Bosworth, Staff Sgt. Aaron Beckman and Airman 1st Class Matt Pace, all 355th Civil Engineer Squadron, observe the 355th CES Entomology shop's Africanized beehive while an Africanized bee checks out the camera lens. Africanized bees are much more aggressive and persistent than ordinary bees, which makes working with or removing them from base property more dangerous. The Africanized beehive on base is used for observation and training. The Entomology shop helps maintain the base's rodent and pest population, captures and releases wildlife back into the wilderness and reduces the risk of illness for the Davis-Monthan community. For more information on the 355th CES Entomology shop, see **Down with the sickness**, Page 14.

## D-M observes National Hispanic Heritage Month

By Staff Sgt. Tammie Clark  
355th Wing Public Affairs

The 2003 National Hispanic Heritage Month themed "Honoring our past, surpassing our present, leading our future," will be celebrated at Davis-Monthan Air Force Base with many festivities from Sept. 19 to Oct. 24.

"The purpose of this 31-day observance is to promote an understanding of the achieve-

ments, culture and outstanding contributions of Hispanics to our great nation through planned special activities, programs and ceremonies," said Master Sgt. David Triana, 612th Combat Aerospace Squadron superintendent.

August 17, 1998 President Ronald Reagan designated the period of Sept. 15 to Oct. 15 as National Hispanic Heritage Month, said Triana. The dates selected encompass several important Hispanic dates: Independence Day for

Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua Sept. 15; Independence Day for Mexico Sept. 16; and Dia de La Raza (The discovery of America by Christopher Columbus) Oct. 12.

"Due to the exercise schedule we had to make some adjustments as to when some of the events are taking place," said Master Sgt.

See **Hispanic**, Page 5

### ORE reminder

There is less than one month until the October to November ORE and ORI. Information security is paramount. See **"INFOCON levels help ensure base safety,"** Page 4 for more information.

**Military Justice:**  
Airmen receive judgements, results

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**Safety:**  
101 Days of Summer Safety overview

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**Immunizations:**  
Childhood immunizations save lives

Page 6



# Patriot Day

*Air Force leaders issue message of praise, remembrance*

**By Dr. James Roche and Gen. John Jumper**  
Secretary of the Air Force and Air Force Chief of Staff

The second anniversary of the tragic events of Sept. 11, 2001, provides us all an opportunity to remember those murdered in New York, at the Pentagon and in Pennsylvania, as well as those patriots who have sacrificed their lives in the war on terror.

Through tragedy, our nation renewed its unending resolve to fight terrorism, to defend our way of life and to give hope to others suffering under repressive re-

gimes that support terror. Patriot Day reaffirms the airman's obligation to fight for what's right — obliterating terrorism on every front to ensure a safe tomorrow for future generations of Americans and freedom-loving people around the world.

You — America's finest men and women who comprise our Air Force — are doing absolutely remarkable work around the globe. From our own skies to the front lines



in Iraq, Afghanistan and other locations around the world, our superior Total Force of active-duty, Guard, Reserve and civilian airmen continues to respond brilliantly as the world's greatest air and space force. Rest assured, you're making it more difficult every day for terrorists to have their way.

On this Patriot Day, let's remember those who are deployed in harm's way. Just as important, let's renew our commitment to the families of those who are deployed. The unwavering commitment to their loved ones far from home is phenomenal; the cause for which their loved ones serve is noble and just.

As we've seen, winning the war on terrorism is a long and deliberate journey — we're confident you are up to the task. Be patient and stay the course — we will continue to face challenges and overcome obstacles as we win the war on terrorism. Thanks for all you do for America and our Air Force.

May God bless you, and may God bless America.



**Col. Larry Stutzriem**  
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a goal for all D-M people. Ideas, suggestions, comments, concerns and kudos are important to make improvements.

The best way to pass along a comment or to get an answer to a concern is to **contact the agency chief or functional managers listed here**. Still no solution? The Commander's Corner phone line is 228-4747. An e-mail can also be

sent to: [355th.Wing.CommandersCorner@dm.af.mil](mailto:355th.Wing.CommandersCorner@dm.af.mil).

**Callers must leave their name, phone number and a message. They will receive a prompt reply in writing or by telephone.** We will honor caller confidentiality, but sometimes we need to contact callers to gather additional information. If a concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published.

## Agency numbers

AAFES Agencies.....	228-3904	Inspector General.....	228-3558
Accounting and Finance.....	228-4964	Legal.....	228-6432
Chaplain.....	228-5411	Lodging.....	228-4845
Civil Engineering.....	228-3401	Military and Civilian Equal	
Clinic.....	228-2930	Opportunity Office.....	228-5509
Commissary.....	228-3116	Military Personnel.....	228-5689
Family Support.....	228-5690	Public Affairs.....	228-3204
Fitness and Sports Center.....	228-0022	Security Forces.....	228-6178
Haefner Fitness Center.....	228-3714	Services.....	228-5596
Housing Office.....	228-3687	Transportation.....	228-3584



Staff Sgt. Tammie Clark

## Mission Spotlight

The 55th Aircraft Maintenance Unit is a part of the 355th Aircraft Maintenance Squadron. The primary mission of the 55th AMU is performing combat search and rescue missions with the HH-60G Pavehawk. The 55th AMU provides safe, properly configured aircraft to the 55th Rescue Squadron, to meet the flying hour program and training requirements. They also develop and execute scheduled maintenance plans to maintain fleet health.

*Airman 1st Class Kenneth Cristobal, 55th Aircraft Maintenance Unit instrument and flight control systems apprentice, removes an HH-60G Pavehawk copilot control display unit used as an interface between the pilot and the navigations system.*



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## Preparing for war

(Top) Senior Airman Adam Worley, 355th Logistics Readiness Squadron, processes Staff Sgt. Carrie Darvis, 355th Comptroller Squadron, and other individuals through the line as part of Phase I of the Operational Readiness Exercise. (Bottom) Senior Airman Danny Watton, 355th Aerospace Medicine Squadron, administers an immunization shot to Airman 1st Class Phil Cruz, 355th LRS, as part of the processing line for Phase I of the ORE. Operational Readiness Exercises prepare individuals for real-world war processing and deployment. Another ORE is scheduled for Oct. 1 through 3 for the Phase I and Oct. 6 through 10 for the Phase II. The OREs also help Davis-Monthan prepare for the Operational Readiness Inspection.



Photos by Tech. Sgt. B. Coors-Davidson

## Airman receives UCMJ punishment

◆ An airman 1st class from the 612th Air Communication Squadron received a suspended reduction to airman, 14 days extra duty, forfeitures of \$150 pay per month for two months and a reprimand for failure to obey a lawful order and larceny, a violation of Articles 92 and 121 of the Uniform Code of Military Justice.

**Editor's note:** The above information is courtesy the 355th Wing Judge Advocate Office. The same offense can result in different punish-

ments for each offending member. The commander considers several factors when determining punishment, some of which include: the offender's service record, previous incidents, seriousness of the offense and impact on unit discipline, cohesion and morale. For questions about the Uniform Code of Military Justice, or courts martial, call Staff Sgt. Ricardo Lopez, 355th Wing Judge Advocate Adverse Actions NCO in charge, at 228-5242.

**231** airmen were saved from the consequences of driving under the influence by the Airmen Against Drunk Driving Program since Dec. 31.

Call AADD at  
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4 p.m. to midnight Sundays for a ride.



## Emergency Numbers

Ambulance.....	911	Base Operations.....	228-4315
Casualty Assistance.....	228-3686	Mortuary Officer.....	228-5964 or 4414
(After duty hours).....	228-3121	(After duty hours).....	228-3121
Duty Chaplain.....	228-5411	Command Post.....	228-7400
(After duty hours).....	228-3517	355th Security Forces Crime Stop.....	228-4444
Fire Reporting.....	911	Safety.....	228-5558
Public Affairs.....	228-3204	(After duty hours).....	909-0316
(After duty hours).....	228-7400	Base locator.....	228-3347
Fraud Waste and Abuse.....	228-3177	TIPS Line.....	228-TIPS (8477)

## News Notes

### Vouchers must be stamped

Effective immediately, all base active duty filing a travel voucher must have it stamped by their squadron's orderly room prior to turning it in to finance.

### Air Force Ball prices

The 56th Annual Air Force Birthday Ball is scheduled for Sept. 27 at the Radisson Hotel located at 181 West Broadway Blvd. The uniform is mess dress or semi-formal. Social hour will begin at 6 p.m. Prices for the event are as follows:

Airman to Senior Airman - \$10.00  
Staff to Tech. Sgt. - \$15.00  
GS/4 to 6 - \$15.00  
Master Sgt. - \$20.00  
GS/7 to 8 - \$20.00  
Senior to Chief Master Sgt. - \$25.00  
GS/9 to 10 - \$25.00  
Officers - \$30.00  
GS/11 to 12 - \$30.00

Money for the event must be received by Sept. 22. To pay for the event, or for further information, contact squadron first sergeant. Wing personnel can contact and pay Tech. Sgt. Kirt Riegler, Wing administration.

### Medical Group CHAT

The Community Health Advisory Team meeting will be held at the Mirage Officers Club Thursday at 11:30 a.m. The meeting is designed for individuals to discuss healthcare benefits with the 355th Medical Group. Retirees and dependents are encouraged to attend.

### Optometry appointments

Optometry appointments are now available. Appointments are open for active duty and their dependents along with retirees and their dependents. For more information or to schedule an eye appointment through your specific panel, call 228-2778.

### CFC kickoff breakfast

The CFC kickoff breakfast will be held Tuesday at 7 a.m. in the Catalina Room of the Desert Mirage Officer's Club. Call Lynn Galfield, 903-9000, ext. 255 to RSVP.





# INFOCON levels help ensure base safety

*Know what each INFOCON means and what to do if you see suspicious activity*

## INFOCON Normal

### Normal Operations

No abnormal risk to network operations. Report computer hardware or software issues to your workgroup manager. Notify your Unit Information Assurance Monitor of any unusual or unexplained activity, including chain e-mails, viruses, or attempts of individuals to access Davis-Monthan computers.

## INFOCON Alpha

### Increased threat activity possible or minimal force generation

Increased threat activity for networks and information systems. Notify your UIAM of any unusual or unexplained activity.

Be especially suspicious and inquisitive about anyone requesting direct access or computer passwords to access networks, systems, databases, and/or other communication mediums.

## INFOCON Bravo

### Specific risk of attack or major operation or exercise planned or ongoing. Serious threat activity probable

Specific risk of attack to networks or information systems or a major operation or exercises is planned or ongoing. Notify your UIAM of any unusual activity.

Increase vigilance and be especially suspicious and inquisitive about anyone requesting direct access or computer passwords to access networks, systems, databases and/or other communication mediums. Confront anyone you do not recognize that attempts to use computer or network equipment.

## INFOCON Charlie

### Limited successful attack(s)-still mission capable

Limited successful network or information system attack(s) — systems still mission capable. Serious threat activity is still on going. Notify your UIAM of any unusual activity. Increase vigilance and be especially suspicious and inquisitive about anyone requesting direct access or computer passwords to access networks, systems, databases and/or other communication mediums. Confront anyone you do not recognize that attempts to use computer or network equipment.

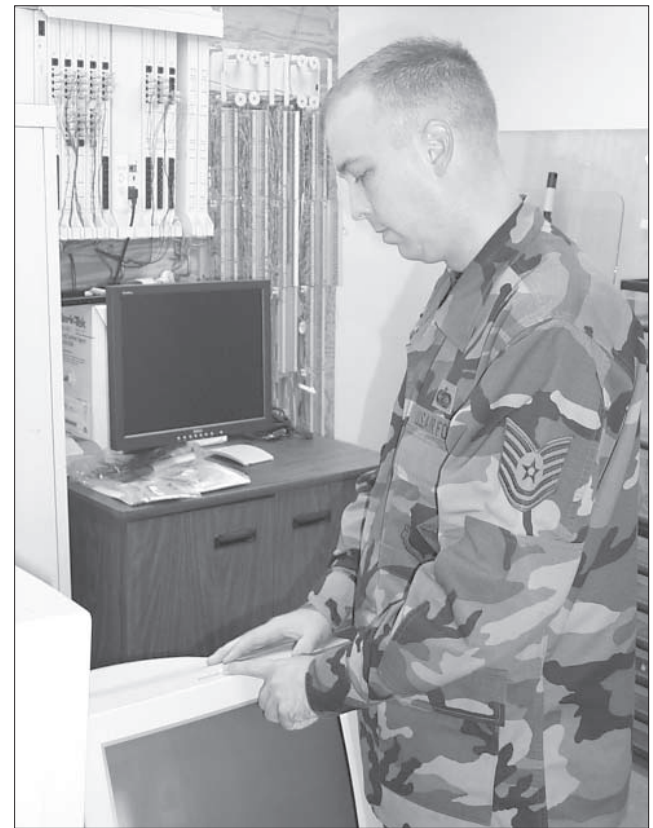
Only mission essential network traffic will be permitted off base. Web access will be primarily limited to .mil sites and use of e-mail or other network services should be for mission essential needs only.

Situational awareness is a must! Systems will be actively monitored for unauthorized usage. New systems/workstations will not be added to the D-M domain. Non-mission critical user accounts will be checked for possible lock out. Account previously locked-out or that become locked-out, will not be unlocked until INFOCON level has been lowered. Access to the Internet will be limited to those sites identified on the Mission Critical Internet Website Letter.

## INFOCON Delta

### Structured threat entities are conducting Information Warfare (IW) operations against AF resources or total force generation

Structured threat entities are conducting



Staff Sgt. Troy Hawkes

Tech. Sgt. Doc Watson, 355th Wing administration, verifies serial numbers of computer equipment during exercise INFOCON Charlie.

information warfare operations against Air Force resources. Operational mission accomplishment has been affected.

All network resources will be dedicated to mission critical systems only, internal, non-critical systems will be shutdown. Await further guidance on using information systems and networks from you UIAM. (Source Davis-Monthan base instruction 10-2001, July 1, 2003)

# Barnes: 101 days reveal safety mishap trends

With the end of Labor Day came the end of the 101 Critical Days of Summer campaign. Some trends occurred in the statistics from the 101 days.

A review of all the mishaps that occurred between Memorial Day and Labor Day for fiscal 2003 revealed that 75 percent of the mishaps involved personnel between the ages of 18 and 26. Males accounted for 84 percent, 54 percent were airmen 1st class and 23 percent were staff sergeants.

Of these mishaps; 14 percent, 13 percent, 10 percent and 9 percent occurred at approximately 4 p.m., 1 p.m., 3 p.m. and 8 p.m. respectively. Sundays saw 25 percent of mishaps, while another 19 percent,

16 percent and 13 percent occurred Wednesdays, Saturdays and Thursdays.

Miscellaneous mishaps made up 36 percent of the total number of mishaps.

"Miscellaneous mishaps are those that do not fit into any one of the other categories, such as sports and recreation or operating a vehicle," said Michael Barnes, 355th Wing chief of safety.

Of the 25 miscellaneous mishaps, 22 were caused by inattention of the injured person. "These folks did everything from stepping on nails and slipping or falling to mishandling tools. All of them were involved in an activity where they were distracted by a pet, not

looking where they were going and just doing unsafe things," said Barnes.

The next largest mishap category was sports and recreation, which made up 30 percent of the grand total. Out of the 21 sports and recreation mishaps, all in-



Staff Sgt. Troy Hawkes

involved some form of losing control while engaged in a sport or recreation activity.

"They were paying attention to what they were doing, but failed

See **Safety**, Page 5



## Safety

Continued from Page 4

to control their enthusiasm. This resulted in collisions with other players, falling from bikes and getting a ball spiked into a player's face. You can't tell me that basket-

ball and volleyball are not contact sports," Barnes said.

The remaining 28 and 6 percent of mishaps were due to car or truck and motorcycle mishaps. "Seventeen of the car or truck mishaps and two of the motorcycle mishaps involved someone else hitting one of our Air Force personnel. The other two car or truck

mishaps and the remaining two motorcycle mishaps were caused by inattention of the Air Force operators," Barnes added.

"Given the statistics, I give you the magic solution to preventing future mishaps. Be attentive while walking, using tools, playing with children and pets and while doing household chores. Control your

enthusiasm while engaged in sports and recreational activities. Stay within your physical and experience limits. Don't trust other drivers to obey the rules. Above all, don't assume you are correct, have the right-of-way, or need to do more than one thing at a time," Barnes concluded. (Courtesy the 355th Wing Safety office.)

## Hispanic

Continued from Page 1

Rebecca Rogers, 355th Medical Operations Squadron Maintenance Training Flight superintendent.

The committee has planned several events to commemorate the month, said Triana.

September 19 from noon to 2 p.m. there will be a Hispanic Heritage Committee Luncheon at the officer's club. Guest speaker will be Col. Lourdes Castillo, Aerospace Maintenance and Regeneration Center commander.

There will be a piñata party held for members of the child development center Sept. 24 from 10 a.m. to noon at the CDC.

There will be a free barbecue for dorm residents Oct. 15 at 5 p.m. at the ramada next to the community center.

A dance show and food extravaganza will be held Oct. 24 from 6 to 8 p.m. at the community center.

"There will be music and food from various caterers," said Rogers. "We hope to represent the broad scope of Hispanics stationed here at D-M. We are still finalizing the line-up for dance groups to perform."

Military and civilian volunteers from throughout the base comprise the 355th Wing's National Hispanic Heritage Month Committee, said Triana. "We invite everyone to join our committee in the effort and to attend our scheduled events."

"We are a committee of people who volunteer our time and service to the Wing to execute these observation month activities," said Rogers.

These are rewarding tasks that demand commitment and professionalism. It is also a great opportunity to hone organizational skills

and provide a service which extends beyond a person's organization.

"There is always a need for more volunteers for these events," said Rogers. "Though the activities are already planned for this year people can help out by setting-up the activities, spreading the word, posting flyers, etc."

Individuals interesting in becoming involved with the Hispanic Heritage Committee can attend the meetings held Wednesdays at 3 p.m. in Building 1541, said Rogers. "Due to the exercise, schedule adjustments are made accordingly."

"If anyone has any special talents; singing, dancing or playing an instrument that reflects traditional Hispanic heritage we would like to have you join us and perform at one of the functions," said Rogers.

For more information on committee meetings and events contact Rogers at 228-2311 or 1st Lt. Alvin Quinones at 228-5970.



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# D-M immunization clinic hosts children's "catch-up" day

Story and photo by Tech. Sgt. B. Coors-Davidson  
355th Wing Public Affairs

Diseases that routinely killed or permanently harmed children just a few years ago may not be quite so common within the United States any longer, but non-immunized children are still at risk.

In order to reduce that risk, and protect Davis-Monthan Air Force Base children from the devastating effects of childhood diseases, the 355th Aerospace Medicine Squadron immunization clinic has designated September as Childhood Immunization Month and hosts immunization "catch-up" day for all D-M families Sept. 27 from 8 a.m. to noon.

The immunization day is for the children of all parents who are military health care beneficiaries.

In a recent review of immunization records of D-M children, more than 350 were identified as being behind on their shots. Parents of those children will be receiving a letter reminding them to get their children immunized.

"Children who receive their shots late or not at all aren't just in danger themselves," said Staff Sgt. Jessica Despot, 355th AMDS immunization clinic NCO in charge. "Non-immunized children also endanger people with weak immune systems

like grandparents and pregnant women."

The clinic staff creates a permanent immunization history for each child and can prevent a child from being over-immunized. These records are also available for a child's school records.

Some parents may have chosen not to have their children immunized due to the fear of complications associated with vaccinations. "Complications are very rare and the risk of contracting the actual disease that can be prevented is much higher," said Lt. Col. (Dr.) Richard Clark, 355th AMDS commander. "Routine childhood diseases can have devastating long-term consequences." The immunization clinic staff and 355th Medical Group doctors are available to talk with parents about any concerns, and printed information and video tapes about vaccinations are also available.

"Separating fact from fear can be difficult for many new parents," Despot said.

Immunization clinic staff members will talk with parents prior to administering vaccinations to explain the types and reasons for the shots being given.

"Just because many diseases are becoming uncommon in the U.S., doesn't mean they are uncommon world-wide," Despot added. "Many grandparents and older military retirees vividly remember when some diseases were com-



Five-month-old Bryce is comforted by his mother, Jennifer Bailey, as Staff Sgt. Brittany Ross, 355th Medical Group, gives him immunizations at his well-baby check-up Monday.

mon in the U.S. — they also vividly remember how dangerous and devastating those diseases are. Our goal is that one day we will only be able to study about these diseases from text books — not from cases of children suffering from them."

Parents bringing their children to the immunization clinic should bring the child's immunization record. To find out if children are loaded in the immunizations database, what to do if immunization records are lost, if children are behind on vaccinations or for any other information about immunizations or immunization programs, call 228-2898.

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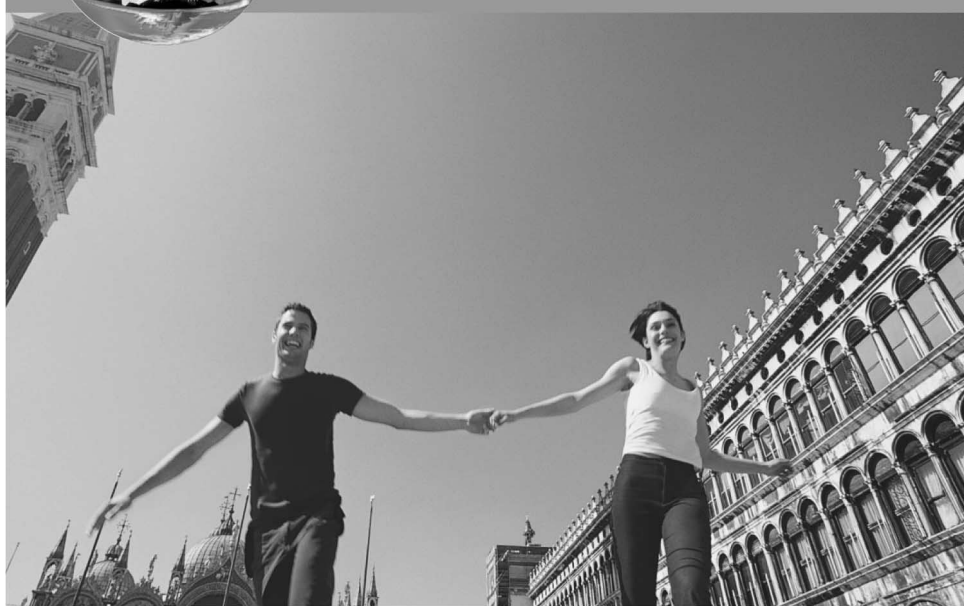
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05944



# Base housing needs to improve appearance, pride

By Col. Michael Spencer  
355th Wing vice commander

Our airmen and their families deserve an installation built around a high quality of life — making the team more productive and effective in peace and at war. We exhibit our “Excellence in all we do” through the scope of a first look impression or, as they say in Mexico, “Premera Vista.” This Premera Vista should permeate throughout the base — whether entering the installation, walking onto the flight line, entering the work center, or walking through our neighborhoods.

I have spent time driving through the housing and mobile home park, and quite frankly, am embarrassed by what I see. Many share my concern and frustration of the

general appearance of the housing and mobile home park. Everyone who accepted the privilege to live on base did so under contract — a contract to keep their house or mobile home, yard and surrounding area clean so our children have a safe environment to play, take evening walks and be proud to call their neighborhood home.

The insidious slip of “ownership” within the housing and mobile home park is the cornerstone why the Premera Vista is out of focus. Many homes have neglected yards dieing in the Arizona heat, too many outdoor sheds, boats or trailers parked on the street, cluttered carports, debris strewn throughout, and pools that clearly exceed the scope for safety. These and more strain the Premera Vista focus, challenge the quality of

life of our airmen, and question the safety of our children who play in the neighborhood.

Let's stop this insidious slip and put forth a heartfelt effort to bring the Premera Vista back into focus. This will require substantial up front work for some but can be avoided with active and regular upkeep of your homes. To refresh your knowledge of the housing and mobile home standards, I've included them in this edition of the Desert Airman (Page 9). For future reference, you can get a copy of the standards through the housing office or in the housing brochure.

The appearance of our housing area is just one piece of the Premera Vista but a huge part to the quality of life for our airmen and their families. I am proud to be part of the D-M family, and I hope you are too.

## Final Answer

*If you could be anyone for a day who would you be and why?*



**Staff Sgt.  
Craig Camacho**  
355th Comptroller  
Squadron

*“I would be my son for a day, because he has no responsibilities.”*



**Airman 1st Class  
Kenny Freeman**  
55th Rescue Squadron

*“I would be Bill Gates, because of the money.”*



**Master Sgt.  
Dale Wilson**  
355th Medical  
Support Squadron

*“I would be my son, Derek. I would like to see what it is like growing up in today's society.”*



**Staff Sgt.  
Shawn Dooley**  
43rd Electronic  
Combat Squadron

*“I would be my wife so I could know what she is thinking.”*



**Tech. Sgt.  
Bill Seaman**  
43rd Electronic  
Combat Squadron

*“Rod Serling because he has an incredibly inventive mind. He fought the system and won.”*



**Airman 1st Class  
Mike Boyd**  
355th Comptroller  
Squadron

*“I would be my wife, so I can see what it is like to put up with myself for a day.”*

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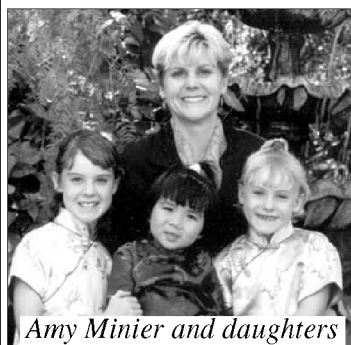
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# Maintaining standards

## Guidelines, responsibilities for upkeeping base housing

By Ruby Modica  
355th Civil Engineer Squadron

Housing residents are responsible for the upkeep of their assigned housing and surrounding area. Your area of responsibility is typically midway between adjoining units, to the street, or up to 50 feet from your dwelling, which includes behind the block wall or fence. Residents are responsible for areas in front of the house up to and including the curb and gutters as well as the following:

- ◆ Remove grass and weeds from the sidewalks, driveways, desert landscaping and remove debris in the street.

- ◆ Trim grass around house, doorsteps, garages/carport, fences, patios, clothesline poles, etc., edge sidewalks, driveways and roadways to maintain a neat appearance.

In regards to shrubs and trees, residents are responsible for:

- ◆ Shrubs close to windows need to be away from the exterior walls to prevent structure damage. Height is limited to the windowsill.

- ◆ Trim area under shrubbery and lower branches and shoots from trees.

- ◆ The ground maintenance contractor will trim branches of large shrubs and trees six feet or taller. You must contact the housing office for work to be performed.

- ◆ Pick up fallen fruit from citrus trees located within 50 feet of your home. Fruit picker and other gardening tools are available at housing maintenance, Building 675.

Carports are intended for personal vehicles and bicycles. Maintain as follows:

- ◆ Do not store any personal items such as household furniture/goods, workbenches, auto parts, etc.

- ◆ Patio furniture is allowed in your carport or on your patio.

- ◆ Vehicle maintenance of any type is not authorized. Please use the Auto Hobby Shop for vehicle maintenance.

- ◆ Removal of debris, (paper, cans, wrappers, tree branches, leaves, etc.), is your responsibility. Items such as tires, plywood or other miscellaneous items leaning against the house or on the carport should be removed and stored.

The following items are unauthorized:

- ◆ Garage/yard sale signs (maximum size of

eight and a half by 11 inches) should be only posted on the sales information board on Quijota Blvd. north of the youth center.

- ◆ Swimming or wading pools must be above ground with a maximum size of five feet in diameter and 18 inches deep. Pools must be emptied when not supervised.

Each resident is expected to maintain a neat lawn and surrounding area. The follow applies to yard care:

- ◆ Your area of responsibility will be inspected year-round on a weekly basis. Discrepancy notices will be issued to those not meeting standards or violating policies.

- ◆ Anyone found watering lawns on unauthorized days or times will be given a discrepancy notice on the spot, regardless of scheduled yard inspection days or weekends. When additional watering is required for establishing a new lawn, call Yvonne Brabham, 355th CES facility chief, at 228-6609.

- ◆ Pet feces should be picked up daily.

If you would like more information or have questions concerning your responsibility or policies, contact the housing office at 228-6609 or refer to the housing brochure.



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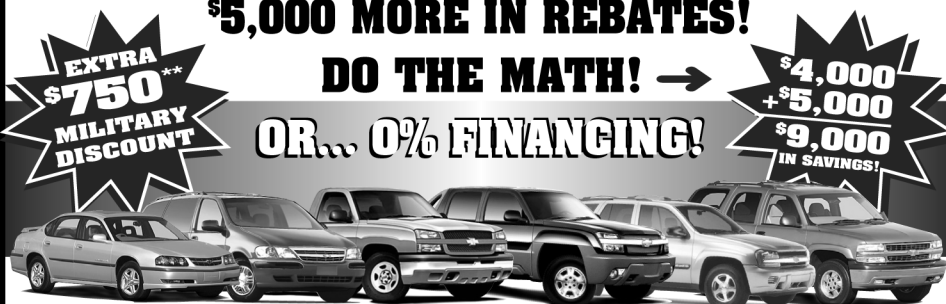
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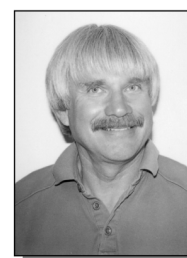
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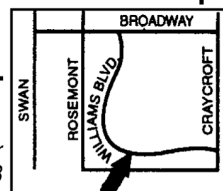
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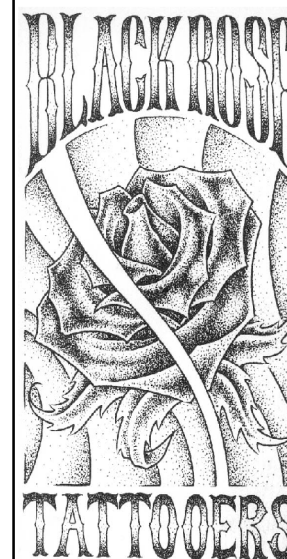
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2nd Lt. Beth Tucker



## Sonoran Spotlight

*(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base Desert Lightning community. Members are nominated by their unit commander or first sergeant.)*

**Name:** Airman 1st Class Justin Thom

**Organization:** 55th Rescue Squadron

**Duty title:** Personnel specialist

**Hometown:** Meadville, Pa.

**Years of service:** Two years

**Reason for joining the Air Force:** I joined for educational benefits and the opportunity to travel.

**Main responsibilities:** I in- and out-process personnel, processes temporary duty orders and update personnel actions.

**Best aspects of job:** I get to know everyone around the squadron who I work with.

**Career Goals:** My goal is to achieve my college degree dealing with computers.

**Hobbies/outside activities:** I enjoy working on my Corvette and hanging out with my friends.

**Favorite thing about D-M:** I like the 55th RQS the best.

**Best assignment:** This is my first assignment.

**Inspiration:** My stepfather because he always has time to help me out when I need it. He inspires me because when I get older I want to travel and enjoy life as both of my parents are doing now with their lives.

## Thanks D-M Volunteers

### Marana Care Fare

A special thanks to the 22 Davis-Monthan Air Force Base volunteers who helped make the Marana Care Fare a success. It could not have been done without you.

### Hearts Apart Luau

A thanks goes out from Tech. Sgt. Karen Kaylor and Gloria McKamy to all who volunteered many long, hot hours for the Hearts Apart Luau Picnic. Everyone did a fantastic job.

## Agencies need volunteers

### Legal Office

A steady volunteer receptionist is needed at the 355th Wing Legal Office. Duties include: greeting clients, answering telephones, client intake and data entry. Volunteers are needed two hours per day on Mondays and/or Wednesdays from 1:30 to 3:30 p.m., and/or Fridays from 8 to 10 a.m. To set up an interview, call 228-5242.

### Medical Group

The 355th Medical Group has an on-going need for volunteers in the pharmacy, satellite pharmacy, physical therapy, lab and general office type positions. Volunteers must be able to commit a minimum of four hours per week. For more information contact the medical group volunteer coordinator at 228-2914.

### Maintenance Group

The 355th Maintenance Group has a volunteer clerical position available. The desired skills of the volunteer includes a typing skill of 25 words per minute, a basic familiarity with Windows 2000 and MS Office applications such as Outlook, Access, Excel, Word and Power Point. For more information, contact Dennis Mahon at 228-2414.

## Aug. Sharp Troop Awards

Congratulations to the following airmen who were recognized by the Chief's Group as outstanding airmen for their projection of a professional appearance, outstanding bearing and exceptional professionalism.

**612th Air Intelligence Squadron**  
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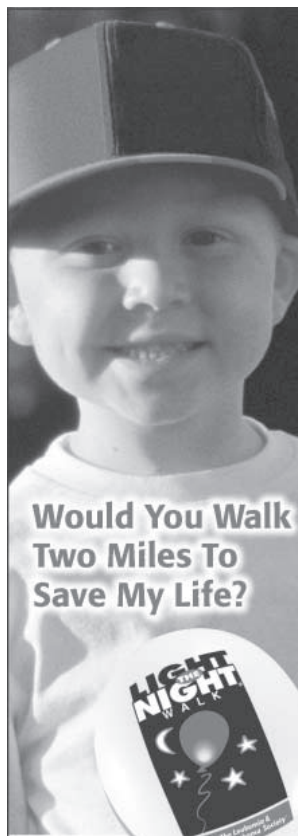
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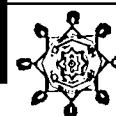
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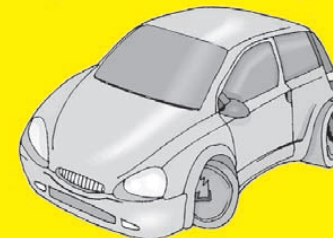
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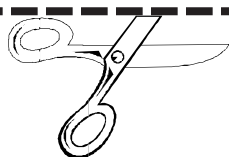
## September Photo Caption Contest

All members of the Desert Lightning Community are asked to try their hands at this week's photo caption contest. Send your clever captions or cutlines for what you think is happening in the photo (left) to [desert.airman@dm.af.mil](mailto:desert.airman@dm.af.mil) by noon Sept. 19. Winners are scheduled to be posted in the Sept. 26 edition of the *Desert Airman*.

The *Desert Airman* staff also seeks new, interesting photos of members of the D-M community for possible use in "The Lighter Side" for future editions of the Photo Caption Contest. Send all photos for consideration to the 355th Wing Public Affairs Office, Building 2300, Suite 2054 or through e-mail to [desert.airman@dm.af.mil](mailto:desert.airman@dm.af.mil).

## Deep questions

- ◆ Do fish get cramps after eating?
- ◆ Why do you press harder on the remote control when you know the batteries are dead?
- ◆ Why does sour cream have an expiration date?
- ◆ Why are there five syllables in "monosyllabic"?
- ◆ Why do banks charge you an "insufficient funds" fee on money they already know you don't have?
- ◆ Why doesn't glue stick to the inside of the bottle?
- ◆ Do Roman paramedics refer to IVs as 4s?
- ◆ What do little birdies see when they get knocked unconscious?
- ◆ Light travels faster than sound. Is that why some people appear bright until you hear them speak?
- ◆ Why is it that if you could tell someone there are 400 billion stars and they'll believe you but if you tell them a bench has wet paint they have to touch it?



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(Left) Staff Sgt. Aaron Beckman, 355th Civil Engineer Squadron, handles a Mojave rattlesnake after its afternoon meal. The snake is removed from its habitat and placed inside a wooden container. A rat is then placed inside for the snake to eat. After the meal, the snake is placed back inside its habitat. (Right) Staff Sgt. Torrey Kelley, 355th CES, removes a large Africanized beehive from the tail of an airplane at the Aerospace Maintenance and Regeneration Center. The hive contained approximately 1,000 bees. A solution containing soap and water was sprayed on the bees. The solution clogged the pores through which the bees breathe, thereby suffocating them.



# Down with the sickness

Story and photos by Staff Sgt. Troy Hawkes  
355th Wing Public Affairs

Creeping, crawling creatures copiously congregate in the coalescing, comfortably cold darkness.

While this may sound like a scene from the despairing depths of a fear-riddled nightmare for some, it's just part of the everyday routine for the 355th Civil Engineer Squadron's Entomology shop.

Entomology helps maintain the base's rodent and pest population, captures and releases wildlife back into the wilderness and reduces the risk of illness for the Davis-Monthan population.

"Our everyday job consists of work orders that people call in and our recurring work program. Work orders can be for anything from

gnats to rattlesnakes. We take care of ants, rats, roaches, flies, spiders, snakes, wasps and bees," said Airman 1st Class Ruth Spierling, 355th CES entomology apprentice.

Keeping D-M disease free is one important aspect of the entomologist's job.

"Bees, snakes, scorpions and spiders represent some of the more obvious hazards on base, but some of the less obvious ones are food-borne illnesses that can be spread by roaches and flies in food handling facilities. We monitor and control these facilities monthly to minimize these hazards. We also do mosquito surveys on base, looking for potential breeding grounds. Mosquitoes are a major concern now that we are starting to deal with the threat of the West Nile Virus," Spierling said.

The Entomology shop does its best to be environmentally friendly also.

"We use integrated pest management when we deal with any pest on base. The IPM system involves minimizing our pesticide usage by choosing other alternatives. One example is how we use soap and water to control bees. It's less damaging to the environment and equally effective," Spierling added.

So, the next time you see a cockroach creeping across the floor or hear the warning hiss from a disgruntled rattlesnake, you can feel safe knowing that the Entomology shop is out there taking names and kicking tail, all while operating on the guiding principle of "Down with the sickness."



Pests captured by the 355th Civil Engineer Squadron's Entomology shop include centipedes (top left) and scorpions (bottom left). They also take care of ants, rats, cockroaches, flies, spiders, snakes, wasps and bees. Some of the larger animals Entomology takes care of include coyotes, havalinas, great horned owls and other birds. A Mojave rattlesnake (right) consumes a rat at the Entomology shop. Base members submit work orders to the shop for anything from gnats to rattlesnakes. The work orders are then processed according to the risk they pose to base personnel and the mission. Entomology also surveys base food facilities, sprays weeds on the flight line, checks base facilities for termites, picks up all the road-kill animals on base, conducts mosquito surveys, briefs deploying personnel on insects and diseases they may encounter at their deployed location and briefs non-military agencies, such as the Boy Scouts, on the wildlife indigenous to Arizona and the dangers they can pose. The Entomology shop utilizes special equipment to prevent injuries to themselves or the animals during capture.





# Get fit, ready for the new test ... the right way

By Maj. Nancy Klein  
355th Aerospace Medicine Squadron

General [John] Jumper's [Air Force Chief of Staff] and General [Hal] Hornburg's [ACC Commander] sight picture on improved military fitness have made it clear that we are changing the way the Air Force does business.

Clearly there are many benefits for improved fitness including looking and feeling better, living longer and healthier lives and being more prepared for our Air Force contingency missions.

However, for individuals who have not been exercising regularly, jumping into a strenuous running or other exercise program can be intimidating. It can also be physically dangerous and set you up for injury.

It is important to remember some key points as you start and/or build on an exercise program.

First, keep in mind you need to baseline performance. If you have not exercised by running in the last six months, do not start off trying to run five miles or trying to run as fast as you can to exhaustion. A good way to start a program would be to start with a "walk and run" program. Walk a certain amount of time (maybe five to 10 minutes) then run a certain amount of time (five to 10 minutes) then alternate again. Work up from there.

New runners have to be particularly careful to prevent injury. Being over zealous with your running program and increasing you mileage too quickly can cause overuse injuries. The most common injuries are muscle pulls of the lower extremities like a



Senior Airman Maryann Walker

Second Lt. Cort Stargell (third from left) and his 355th Communication Squadron-mates, participate in their weekly formation fitness run.

hamstring, quadricep or calf muscle.

The Fitness, Intensity and Time principle gives good guidelines. Only one of these variables should be increased on a weekly basis.

A good rule of thumb is a 10 percent increase each week (so if you are running 10 to 15 minutes this week then build to 11 to 17 minutes next week). Learn to listen to your body, and if it feels tired or fatigued, slow down or take a rest.

Adhering to the FIT principles is the best way to avoid injury. If you do sustain a minor injury (like a muscle pull) rest, medicate, ice, maintain strength and endurance of the leg and hip muscles, and work on better stretches and flexibility. Gradually return to the activity with respect to pain.

Shoes are also very important. Running shoes should be replaced every 350 to 550 miles. Using a pair you've had for the last five to 10 years probably is not the wisest decision. Also buying a cheap pair of tennis shoes with no support will leave you more susceptible to injury. If you go to a running store, take your time finding the right shoe for you. Ask lots of questions. Wear the kind of socks you will be running in. The wrong socks can alter the fit of the shoes. Walk around and make sure you have a good fit.

Hydration, hydration, hydration! Make sure you are drinking fluids (coffee and sodas don't count) before, during and after an exercise routine. Arizona has a dry heat and you may not realize how much you are sweating. Your urine color is the best way to tell if you are hydrated enough. If is the color of lemonade or darker, you're not drinking enough.

Getting fit is a great thing, but we want to do it the right way. Easing yourself into a running program, getting the right exercise gear and keeping yourself hydrated should give you the basics to an injury free running program.

The Health and Wellness Center is happy to provide additional tips or information on how to start an exercise program. Please contact them at 228-2294 for more information.

## Sports Shorts

### Ladies 18-hole golf

Due to the closure of the golf course between Sept. 22 and Oct. 2 for over-seeding, the first official meeting of the new season will not be held until Oct. 8. There will be a Wednesday play day (Wednesday) before that. Sign up in the ladies' locker room to play.

### Sunday Bowling

The bowling center is open every Sunday from noon to 7 p.m. The center will open with Family Dollar Days from noon to 4 p.m. Enjoy \$1 (per game/per bowler), shoe rentals, hot dogs, fries and nachos (bowlers only on snack bar items).

Enjoy Family Cosmic from 4:30 to 6:30 p.m. Use your coupon in the Services Activity Magazine and receive \$1 off a \$10 2-hour lane rental on Sunday Family Cosmic bowling. For more information, call 228-3461.

### Football Frenzy 2003

Football Frenzy season has kicked off at your D-M clubs! Come by every Monday and Sunday and catch the excitement. Monday, the Dallas Cowboys take on the New York Giants. Every Sunday, watch multiple games at both clubs with NFL Sunday Ticket and local broadcasts. Club members will also be taking home awesome local prizes and giveaways including a brand new car, and a beautiful living room set. Look for more grand prizes to be announced every week. Note: Winner of the car is responsible for all tax, license and document fees.

The Desert Oasis Enlisted Club will be showing games on their new Sony 60-inch big screen TV. The car and furniture will be awarded at the 2004 Super Bowl Party. Enter once every week to increase your chances of winning. Sundays, enter the Sunday Frenzy Drawing for a chance at great prizes includ-

ing an Arizona Cardinals official football autographed by the team.

Check out these great prizes and specials at both clubs -- \$25 in club bucks to the squadron with the most people in attendance (minimum 20 people); \$25 in club bucks each quarter. Early bird specials -- 20-cent hot wings from 5 to 6 p.m.; special drawings on selected MNF game nights for Arizona Cardinals Home game tickets. Fill out the Football Frenzy official entry form for a chance to win a VIP trip to one of these games from Air Force clubs; Houston at Tampa, the 2004 Super Bowl, or the 2004 Pro Bowl.

At the Desert Oasis Enlisted Club, there will be a Halftime Football Toss ... win up to \$100 in club bucks. Also 50-cent drafts and 25-cent soft drinks until end of first quarter and 75-cent drafts and 50-cent soft drinks to

See **Sports Shorts**, Page 16



## Sports Shorts

Continued from Page 15

game end. Enjoy a 10-inch pepperoni pizza for \$3 until 8:30 p.m. (dine-in only). Wear your team colors and win a prize if your NFL team has the most representatives. Come early for the drawing to sit in the "big dawg" chairs and get VIP box treatment from 6 to 7 p.m. At The Mirage Officers Club enjoy \$1 drafts and 50-cent soft drinks through first quarter and \$1.50 drafts and \$1 soft drinks until game end. Also, free pizza while supplies last plus free popcorn and peanuts. For more information, call 228-3301 or 3100.

### Golf course specials

Show your Blanchard Golf Course green fees receipt and get one-dollar off a bucket of range balls. This offer expires Sept. 30. Other

golf specials include 18 holes of golf before 9 a.m. Monday through Friday for \$18, after 9 a.m. — \$15; after 3 p.m. — \$10.

Golf Saturday and Sunday after 11 a.m. for \$15 or after 3 p.m. for just \$10. All specials include a cart. For more information, call 228-3734.

### Golf course overseeding

The Blanchard Golf Course will be closed from Sept. 22 to Oct. 2 for overseeding of the course. They will reopen for normal business Oct. 3. For more information, call 228-3734.

### NFL Punt, Pass & Kick Competition

This program is for youth ages 8-15 and is intended to encourage their participation. It allows youth to showcase their punting, passing and kicking abilities. All measure-

ments taken during the competition are calculated for distance and accuracy. All boys and girls will compete in four separate age groups (8/9, 10/11, 12/13, 14/15). There are separate boys' and girls' divisions. Age is determined by deadline date of Dec. 31.

### Teen Cosmic Bowl

Teen cosmic bowl is Sept. 26. Cost is \$10. Bowl from 9 to 11 p.m. at D-M Lanes. Permission slips are required.

### Single? Play golf?

If you are single, 21 or older, and enjoy playing golf, the Tucson Chapter of the American Singles Golf Association invites your participation. For more information, call 798-6338, or visit them on the web at [www.tucsonsgolf.com](http://www.tucsonsgolf.com).



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Prevention is the best fight against skin cancer. The following are important measures to take in the prevention of skin cancer:

- Wear spf 30 or higher when exposed to the sun
- Wear clothes that cover much of your skin while in the sun

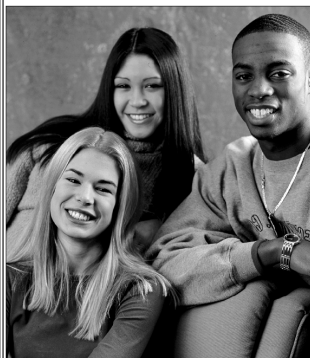
- Locate shaded areas when in sunlight for extended periods of time
- Sun tanning of any type should be avoided
- Protect the head, face, neck and eyes at all costs
- Schedule outdoor activities when UV levels are minimal, such as in the early morning or late afternoon.

**Cancer Treatment Research Foundation**

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## Chapel Information

Services and activities offered by the D-M chapel are listed below. Location is at the Desert Dove Chapel unless otherwise noted. The Desert Dove and Hope Chapels share the parking lot at 5385 E. Ironwood. For more information on Jewish or Muslim services; Sunday School programs; Vacation Bible School; Bible studies; youth groups; and women's, men's and family ministry, call 228-5411.

### Catholic Mass schedule

**Saturday:** Mass is at 5 p.m. Sacrament of Reconciliation is at 4:30 p.m.

**Sunday:** Mass is at 7:30 and 10 a.m. Sacrament of Reconciliation is at 9:15 a.m.

**Daily:** Mass and Communion is at 11:30 a.m. at Hope Chapel. Rosary begins at 11:10 a.m.

### Protestant Services schedule

**Sunday:** Contemporary Service is at 8:30 a.m. and Gospel Service is at 11:15 a.m. at Hope Chapel. Traditional Service is at 11:15 a.m.

### Sunday School kickoff

Kids of all ages are invited to celebrate the new Sunday School season Sept. 21 from 10 to 11 a.m. at the Hope Chapel. Kids will enjoy songs, refreshments, stories, ice cream, and Dexter. For more information, call the chapel office at 228-5411.

## Education Services

### Park University

Fall II registration begins Sept. 22 and classes start Oct. 20. Additionally Park University has been approved to offer a new degree program; Management/Computer Information Systems. For more information, call 748-8266 or e-mail [Davi@mail.park.edu](mailto:Davi@mail.park.edu).

### Pima Community College

Pending approval from the Federal Aviation Administration, orientations for the new PCC Airframe and Power Plant program will be Tuesday and Sept. 30 from 7 to 9 p.m. at the Aviation Technology Center (7211 South Park Avenue). For more information, call 206-4866.

### CCAF graduation and education fair

The Community College of the Air Force Graduation is Nov. 17 at the officers club at 2 p.m. Following the graduation there will be an education fair. For more information on the graduation, call Rafael Maldonado at 228-3484. For more information on the education fair, call Michelle Marinelli 228-4249.

### The University Alliance

The University Alliance Online program includes degree and certificate programs from Villanova, Tulane, Saint Leo, Regis, Jacksonville University and South Florida; all regionally accredited. All degree and certificate programs are online. You can attend class anytime, anywhere earning the same degree as on campus students. A University Alliance counselor will be available outside the main

base exchange Sept. 30, from 9:30 a.m. to 4 p.m. Stop by for more information.

## Family Support Center

### New Air Force Spouse Orientation

Held at the officer's club Wednesday from 8 a.m. to 2:30 p.m., this orientation targets, but is not limited to, new Air Force Spouses that have been married from one to five years. Find out about benefits and get information from various base organizations. Fun activities, games, prizes, free childcare and lunch available. To register now, call 228-5690.

### Hearts Apart welcome home banners

Is your deployed spouse coming home shortly and you want to make a welcome home banner? Then bring the kids and join us for pizza and refreshments, Wednesday at 6 p.m. in the Hope Chapel Annex. All supplies for making banners are furnished. Please make reservation no later than Monday by calling 228-5690.

### Transition Assistance Seminar

The next TAP Seminar is Wednesday, Thursday and Sept. 19, from 8 a.m. to 4 p.m. in Building 3200, Room 266. This seminar focuses on preparing departing service members to conduct an effective job search in the civilian marketplace. Individuals can attend two years prior to retirement or within a year from separation. For reservations, call 228-5690.

### Chuck E. Cheese Adventure

Is your spouse deployed or on remote and the kids are driving you crazy? Come and join Hearts Apart at Chuck E. Cheese and let them blow off some steam, Sept. 20 from 11 a.m. to 1 p.m. To make reservations no later than Wednesday, call 228-5690.

### Deployed Spouse Info Seminar

Is your spouse deployed or on remote tour and you'd like to know what programs the Wing has to support you? Come to a morning, afternoon or evening full of good information at the Deployed Spouse Information Seminar, Sept. 22 at 9 a.m., 2 or 7 p.m. in the Desert Dove Chapel Annex. Free childcare available at the 7 p.m. seminar only. To make reservations by Wednesday, call 228-5690.

## Happenings

### Marketing yourself for a second career

There is a lecture by Dick Crampton, an expert on transitioning from military to civilian employment, Sept. 24 from 8:30 to 11 a.m. in Building 3200, Rooms 266 and 267. The free presentation, for senior noncommissioned officers, and spouses, addresses realities of the competition in the civilian job market, the perceptions civilian employers have of military personnel, preparing for an

interview, salary negotiations and more. Presented annually at more than 150 U.S. military bases worldwide, the lecture has a reputation as a must attend for those two to three years or less from separation or retirement. Attendance is limited. For reservations, call 228-5690.

### Information table

A TRICARE Information Table will be set up inside the Commissary Main Entrance Sept. 29 from 10 a.m. to 1 p.m. Representatives of the 355th Medical Group's TRICARE Flight, the TRICARE Service Center, the TRICARE Dental Program and the Retiree Dental Program will answer questions and hand out informational materials.

## Movies

*Admission, for DoD ID card holders and their guests only, is \$3 for adults and \$1.50 for children under 12 and senior citizens. For the theater movie recording, call 228-5694.*

**Friday (7 p.m.)** Lara Croft Tomb Raider: The Cradle of Life (PG-13)

This time around, archaeologist and explorer, Lara Croft, journeys to an underwater temple that leads to the discovery of the mythical Pandora's Box. However, the box is stolen from her by the leader of a Chinese crime syndicate. Croft must get the box back before it becomes a doomsday weapon. 2 hours, 10 minutes



**Saturday (2 and 7 p.m.)** Pirates of the Caribbean: The Curse of the Black Pearl (PG-13)

Set in the Caribbean Sea in the 17th century, this is the story of a gentleman rogue of a pirate, Jack Sparrow who teams up with the daughter of a governor to stop the evil plan of a ship of dangerous pirates who are trying to reverse an ancient curse. The curse leaves them stuck between life and death, with the light of the moon revealing their skeletons. 2 hours, 23 minutes



**Sunday (2 and 7 p.m.)** Free Showing of The Fighting Temptations (PG-13)

When Darrin Fox travels back to his small hometown to claim the inheritance his aunt Sally left him, he finds he must fulfill her last wish before he can collect — create a gospel choir and lead it to success. But with a shortage of singers, Darrin is ready to give up until he runs into a beautiful nightclub singer. She is just the miracle he is looking for ... if he can persuade her to sing. 2 hours, 3 minutes





## Services Activities

## CDC Food Program

D-M's Child Development Center announces sponsorship of the U.S. Department of Agriculture Child and Adult Care Food Program. Meals will be made available to enrolled children at no separate charge regardless of sex, race, color, age, handicap or national origin. Any person who believes they have been discriminated against in any USDA related activity should write to the Secretary of Agriculture, Washington, D.C., 20250. For more information, call 228-2201.


## Expanded Family Child Care

Expanded Family Child Care is for parents who work extended hours, experience a shift change or who are in need of temporary help. Childcare is provided in contracted family child care homes at nominal or no cost to members. Parents must be active-duty Air Force members, members of other military services assigned to an Air Force base, Air National Guard or Air Force Reserve members in training status on weekend or annual training. Service is provided on a space-available basis. The base family child care office decides which members have the most pressing needs to use the available care.

When accessing Expanded Family Child Care, the FCC will arrange to let you visit the home(s) in which your child will be receiving care and meet the provider. On the day or night the care is needed, contact the family child care office. If care is needed for the next day and the office is not open, leave a message on the telephone answering service. If emergency care is needed on the weekend, contact the phone number the family child care office has given for emergency child care. In addition, a list of licensed family child care providers is posted on the exterior of the base family child care office. One of these individuals may be able to provide care for your child on a short-term basis for a fee. For more information, call 228-2201.

## Returning Home Care


Returning Home Care is for Air Force personnel who have returned home after being engaged overseas. Members who return from duty are granted a limited number of hours of free child care so they can spend time with spouses and catch up on families duties. For more information, call 228-2201.







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# The Mirage in September

**2003**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Club: 748-0660 Club Closes Mon &amp; Tues at 2pm Lunch: M-F 11am-1pm Dinner: Wed-Thurs 5:30-8pm Sunday: Brunch 1030am-1pm</p>	<p>Barber Shop: 748-8968 M-F: 8am-5pm</p>	<p>Members receive up to a \$2 discount per person for lunch or dinner.</p> <div style="display: flex; align-items: center; justify-content: center;">  <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>"It Pays to be a Member!"</b> </div> </div> <p>Join us for lunch Mon-Fri 11am-1pm Buffet - \$7.35 Members get \$2.00 off</p>				
<p><b>Sunday Brunch!</b> \$14.95 (mbrs receive \$2 discount) 1030am-1pm All of your favorite breakfast &amp; lunch dishes! Kids 6-10, \$3 Kids 5 &amp; under Eat FREE</p>  <p style="text-align: center;">14, 21, 28</p> <p><b>Sunday Football!</b> NFL Ticket 1100-1800 (Subject to change)</p> 	<p><b>Monday Lunch Chef's Choice!</b></p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>1 Labor Day Closed</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>8 Members get lunch for \$1.00</p> </div> <p style="text-align: center;">8, 15, 22, 29</p> <p><b>Mondy Night Football!!!</b> @ Poly Bar 1800-2200 (Subject to change)</p> <p style="text-align: center;">Club Closes 2pm Mondays</p>	<p><b>Tuesday Lunch Country Buffet</b></p> <p>Country Buffet: Turkey, Stuffing &amp; Gravy, Knockwurst w/ Sauerkraut, Sliced Beef &amp; Gravy, Baked Fish, White Rice, Au Gratin Potatoes, Vegetables and Cobbler</p>  <p style="text-align: center;">Club Closes 2pm Tuesdays</p>	<p><b>Wednesday Lunch BBQ Buffet</b></p> <p>BBQ Buffet: BBQ Chicken, BBQ Ribs, Chicken Tenders, White Pepper Gravy, Garlic Mashed Potatoes, BBQ Baked Beans, Cole Slaw, Cobbler</p> <div style="border: 1px solid black; padding: 5px; margin: 5px;"> <p>3 Members Family Night Italian Buffet</p> </div> <p style="text-align: center;">10, 17, 24</p> <p><b>Prime Rib Buffet</b> Dinner - 5:30-8pm \$13.95 (mbrs receive \$2 off) Kids eat for \$3.95</p> <p>Poly Bar Officers' Lounge Opens 4pm Wed Social Hour - 5-6pm Free Tacos for members (No Tacos 3 Sept)</p>	<p><b>Thursday Lunch Carved Buffet</b></p> <p>Carved Buffet: Carved Beef &amp; Ham, Baked Chicken, Corn Bread, Potatoe Salad, Corn on the Cob, Home Style Potatoes, Ranch Style Beans, Vegetables, Cobbler</p> <p style="text-align: center;">4, 11, 18</p> <p>2-4-1 Steak/Chicken Fish Night - \$14.95 Members only 5:30-8pm No 2-4-1 Steak 25 Sept due to ALS Graduation</p> <p>Poly Bar Officers' Lounge Opens at 4pm Social Hour 5-6pm</p>	<p><b>Friday Lunch Fried Catfish Buffet</b></p> <p>Catfish Buffet comes with all the fixings!</p> <p style="text-align: center;">5, 12, 26</p> <p>Poly Bar Officers' Lounge Opens at 4pm Enjoy Social Hour Food 5-7pm</p> <p>6:45 Club Bucks Drawing! Hot dog, hamburger or 16oz domestic draft beer only \$1!</p> <p>Social Hour Food 5-7pm Fajita Bar Mbrs-\$2 Non-mbrs-\$4 All You Can Eat!!</p>	<p><b>Members First</b></p>  <p>Questions? Call: Juan Conde 228-3301 ext. 11 Sherry Jones 228-3301 ext 12 Bo Treadway 228-2847</p> 

**For current information on Services activities, check out our WEBPAGE at [www.dmservicesonline.com](http://www.dmservicesonline.com)**

# DESERT OASIS IN SEPTEMBER 2003

Club Bucks  
Drawing Every  
Friday Night!

FRIDAY

SUNDAY

**Cashier Hours:**  
T-F: 11am-5pm

**Office Hours:**  
T-F: 9am-4:30pm

**TOP 3 Lounge:**  
Fri: Opens 3pm

MONDAY

**Shock Wave Lounge:**  
Mon: Closed  
Tues: 4-9pm  
Wed-Thurs 4-11:30pm  
Fri: 3-11:30pm  
Sat: Closed  
Sun: Closed

TUESDAY

**Cabanas 747-3234**  
Mon: 10:30am-8pm  
Tues-Thurs: 10:30am-9pm  
Fri: 10:30am-10pm  
Sat: 1-10pm  
Sun: 1-8pm

WEDNESDAY

**Eat at The Mirage**  
Lunch Served:  
Mon-Fri 11am-1pm  
Dinner Served:  
Wed & Thurs  
5:30-8pm

THURSDAY

**Barber Shop:**  
Mon-Fri: 8am-5pm  
Sat: 8am-17pm  
748-8710

FRIDAY

SATURDAY

**Don't Forget**  
"All Rights  
Sunday Brunch"  
at The Mirage  
1030am-1pm

**Sundays Enjoy**  
"Family Night"  
at Cabanas!  
Buy a 12" one-item  
pizza w/6-pack  
of soda for \$8.25,  
get the 2nd for  
1/2 price!

**NFL Kicks Off!**  
ShockWave  
Open Sundays  
0900-1800!  
Drink Specials  
1300-1800!  
Catch up to 5  
games & enjoy  
beverages &  
great food from  
Cabanas!

**Cabanas Open**  
Noon-8pm

**Cabanas**  
Open  
10:30am-8pm

**Football Frenzy**  
Kicks Off!  
ShockWave  
Open 1700  
until game is  
over! "Early  
Bird" food  
& beverage  
specials!  
"Games &  
Prizes!"

**Cabanas**  
Monday Lunch  
Special:  
"Pizzeria Meatball  
Calzone!"  
Only \$6.75!

**Members**  
First

"IT PAYS TO BE A  
CLUB MEMBER!"

**Shock Wave Lounge**  
Taco Wed!  
FREE tacos  
5pm

**Shock Wave Lounge**  
Karaoke 8-11pm  
& M.U.G. Nite!!  
7-11pm  
Bring your own mug  
for \$1 refill!  
Your choice of  
Domestic Draft,  
Soda or Juice  
(up to 32 oz)

**Shock Wave Lounge**  
4-11:30pm

**5**  
"Hip-Hop,  
Jazz & Blues"  
w/DJ "Insane  
Payne"

**12**  
"Variety  
Music"  
w/ "Wrecking Crew"

**19**  
"Hip-Hop,  
Jazz & Blues"  
w/DJ "Billy T"

**26**  
"Southwest  
Oktoberfest!"  
4-10pm  
"Contests,  
food, drinks,  
& lots of great  
prizes!"

**All U Can Eat**  
"FAJITA BARI!"  
5-7pm  
\$4 (mbrs \$2  
discount)  
\$1 Margaritas!

**Southwest Oktoberfest**

**Specials for our  
under 21 members!**  
DM Members  
under 21 get all  
non-alcoholic  
beverages 1/2 price!  
Maintain your DM "Z"  
membership & get  
credit toward your  
21st birthday  
party at the club!  
CLUB CREDIT  
AMOUNTS:  
3 months = \$75  
6 months = \$150  
1 year or longer = \$300

**Cabanas Open**  
1-10pm

**Call Brenda at 228-3100 to book your special functions!**  
(Booking by appointment only)

**Club  
Closed  
Saturdays**

For current information on Services activities, check out our WEBPAGE at [www.dmservicesonline.com](http://www.dmservicesonline.com)

# Air Force Clubs Squadron Membership Race

The clubs are offering an opportunity for squadrons to receive discounts for their next squadron function. The squadrons with the most new members acquired between Aug. 18 and Oct. 31 win 50 percent off any function at The Mirage Officers Club. Three prizes will be awarded to winners in each of the following categories:

small squadron (0 to 150 personnel), medium squadron (150 to 300 personnel), and large squadron (300 or more personnel). New members must be assigned to the squadron they signed up under and can be enlisted, officer or civilian members. The discount is not for alcoholic beverages. For more information, call 228-3301.



# DESERT AIRMAN CLASSIFIEDS

## Furn. & Appliances

Queen size mattress set: Orthopedic/Plush, still in plastic. \$100. 940-3058 Can Deliver 9/12 4T/P.

Like new king mattress set \$250 Brand new Queen mattress set very nice quilted full set \$135. 573-6950. 9/12 1T/P.

"For Sale 4hp Mulching Lawnmower with bag catcher \$90.00 Black Messaging Recliner \$75.00 Large one of a kind Abstract Painting \$300.00 must pick up on base can not deliver 514-9081"

Solid Wood sleigh bed: Still in boxes. Must move! List @ \$650. Selling @ \$275. 624-4884. 9/12 4T/P.

Canopy Bed w/New Mattress set: Black Wrought Iron. Still in boxes. Sacrifice @ \$250. 940-3058. 9/12 4T/P.

Full size mattress set: Still in package. Must sell! \$95. 624-5468. 9/12 4T/P.

Cherry Sleigh Bedroom Suite: Brand new, still in boxes 8 pieces. ABSOLUTELY GORGEOUS. List @ 7K Must sell \$1950. 940-3058. 9/12 4T/P.

## Furn. & Appliances

Black Sony (CD,Tape, Radio) Stereo System with 5 speaker surround sound and cabinet \$250 OBO contact John 721-7280

19" JVC television w/ remote \$100 (paid \$200) and Navy-blue loveseat \$100 (paid \$250) or both items for \$175 - both in great condition & less than 2 yrs old, will deliver items to you, call 498-4928.

Sofa and rocker recliner set blue and beige. \$350 obo for both. 990-4974.

CRIB, "Forever Mine 3 in 1 Bed", converts from crib to daybed to fullsize headboard. Sells new from AFFES for \$199.00. Great Shape. \$75.00 OBO. Call 514-9612.

Sofa and loveseat set with slipcovers, great condition, \$350.00 or best offer. Call Rodney at 571-1010.

Baby Cradle for sale. White in color. Great shape. \$40 Call 514-0663.

Kids bed and dresser combo. Pine wood, lightly stained. \$100.00 Call 514-0663.

## Furn. & Appliances

Baby Bassinet with Mattress Pad and Canopy made with White Woven Wicker by the Burlington Basket Company \$25 885-6100

WHIRLPOOL Heavy Duty Washer & Dryer \$175 each or \$300 pair Sharp Carousel 1000 Watt Microwave \$85/ OBO Sears Craftsman 6.0 Mulching Mower \$175/ OBO

Queen size pine, pencil-post bed frame, and mattress/boxspring: \$300. Sony CD player, 5-disc: \$30. Sharp 8-mm video camera: \$100. Call: 760-1047

Black Panasonic 27" Television multisystem \$225 OBO contact John 721-7280

## Furn. & Appliances

Twin size bed w/mat. detachable bedside rail sell for \$150.00 obo excellent condition. call 514-2659/cell 891-4985.

Full size wooden bed with mattress and boxspring \$150 OBO contact John 721-7280

Mattress Set: Queen Double pillow top. New! Still in plastic. Must sell. \$120. 624-5468 9/12 4T/P.

King double sided pillow top mattress set: Full factory warranty. Brand New! \$200. 622-5451.

## Pets

Stud for sale, akc/ukc blue fawn american staffordshire terrier/pitbull 11 months old ears cropped champion blood lines. \$1000 call Brent @ 319-5541.

## Pets

Basset Hound ñ loveable male, 3 months old, AKC, great with kids, comes with food and large crate, all shots, \$450 or best offer 465-0463

FREE Lab mix puppies (9 weeks old) to a GOOD home. Great with kids/ other animals. Call 298-0796 or 331-6261.

AKC Boston terrier for sale \$325 obo 9 mo. old, house broken, great with kids, neutered with current shots, Como with all dog supplies (520) 514-2866.

## Reward

Reward \$1000 cell handy 419-3355 24/7 be descret&keep on her long enough to come get her/CAT starts out w/ht with blk&gry coat on/drk blk strps front legs

## Business Opp.

Pet sitter Wanted for 2 dogs, prefer on-base resident, must be free for some holidays, will c o m p e n s a t e accordingly. Please call 514-1618.

## Wanted

Interested in carpooling to Magee Middle School. Call Laura at 584-8388 or 444-3877.

5 lug chrome rims any size or style, call Brent @ 319-5541

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## E1-E4

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22ND STREET

4635 EAST

22ND STREET

SWAN ROAD

MEMBER

SOUTHERN ARIZONA



# DESERT AIRMAN CLASSIFIEDS

## Cars & Trucks

1998 Ford Escort 4 cyl. 2.0 ltr 32,000 miles, A/C, Pwr, Windows/Steering/Locks, cruise control, mult disk changer, moon roof, spoiler and alloy wheels \$6,299.00 Call for appt. 520-749-4653. or 749-4986.

2001 VW New Beetle, silver, pwr everything, sliding sunroof, am/fm cassette, 6-disk changer, alloys, well maintained, only 23,600 miles, KBB \$15,000, asking 13,500 OBO CALL 207-0248

1963 Italian Karmanghia, new battery, 76,000mi, OBO, call Hutch 574-3700, mention this ad.

1997 Chevrolet Malibu V6 auto great condition runs excellent average miles. \$7500 call Brent @ 319-5541

1998 DODGE Avenger ES. Fully loaded, excellent condition! Too many options to list. Can see today on lemon lot! 72K miles, \$8300 obo. Call 240-4409.

1997 Jeep Wrangler Sport Utility 2DR GRN Soft top, 38,000 miles, too many options to list, asking \$12,000. Call Nicole 247-6998.

1984 Nissan 300ZX T-tops, 5spd, cold A/C, lots of new parts, runs great. \$1300.00 OBO call 512-8075

1997 Pontiac trans AM, perfect condition \$10,200, 60K, all leather T-top, warranty, cd/tape player call 584-8406.

## Cars & Trucks

1992 Nissan Pickup Manuel, alarm, oversize tires, great stereo, auto door locks, PCSing to Korea, \$2500 OBO, call 584-1345.

Truck for sale: 2003 Ford Explorer Sport-Trac, 8500 miles all servicing at Ford dealership. Black tinted windows @ 23000 call Brent @ 319-5541.

Audi A6 Car Cover—used only twice, asking \$50. Hanging stained-glass window, bold colors, \$70. Girls clothing, up to 4T, excellent condition, selling individually. Call 571-1660.

TR6 Triumph early 70's, 6 cyl, 95,000 mil, \$1000 OBO, call Hutch 574-3700, mention this ad.

1989 Isuzu Trooper, blue, new tires, 117,000 miles, had new engine, new transmission, \$1000 OBO, call Hutch 574-3700, mention this ad.

1988 Isuzu Trooper LS, runs good, 214,250 miles, \$1000 OBO, call Hutch 574-3700, mention this ad.

1987 Isuzu Trooper II, 4WD, needs timing belt and valves, good tires, 257731 miles, OBO call Hutch 574-3700, mention this ad.

1967 Baja VW Bug, white, 78,000 mil, roll cage, new battery, good tires, OBO call Hutch 574-3700, mention this ad.

## Cars & Trucks

1989 Chevy Suburban 4x4 1500 loaded, clean, well kept 85K with bar lights, cooler rack \$5000 (520) 572-3719. 2000 Honda CRV EX, Red, 21K miles, pwr win/locks, abs, cd, roof rack, keyless entry, window tint, excel cond., \$15.5K. John 977-8872.

## Motorcycles

M'00 Honda CBR600 F4, yellow/black, 5900 miles, flush mount turn signals, tinted shield, new tires, dealer maintained, matching helmet & jacket. GREAT condition. \$6K O.B.O. Call 519-0077 or 370-2164.

## Motorcycles

2000 Kawasaki ZX-9R Runs Excellent and is in great shape. 4800 miles. \$4500.00 Call 514-0663.

1998 Kawasaki ZX6R, 10,400 Miles, green/white/purple, Muzzy full system exhaust, custom seat covers, smoked windscreen, garage kept, helmet & gloves included, \$3500, Call 520-744-8852

1982 Honda Nighthawk, 27k miles, Runs Good, \$800 OBO, call 990-8778

1996 Honda CBR 600 yello/purple lots of upgrades asking \$4000. Please call Nicole for more details 247-6998.

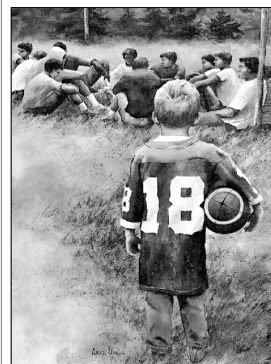
## Employment Opps.

Need extra income? U-haul has part time positions available for anyone over 23 and preferably with mechanical experience (520) 575-5370. 9/12 1T/P.

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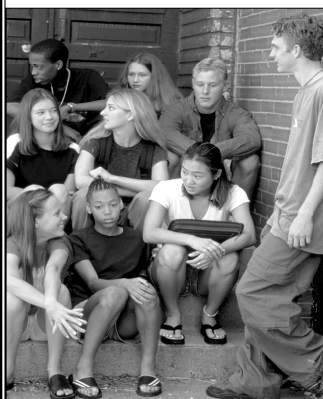
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**MSRP.....\$14,094**  
**Rebate.....\$2,000**  
**Additional Discount.....\$1,099**  
**Your Price.....\$10,995**  
**Owner Loyalty (If you qualify).....\$500\***  
**Military Rebate (If you qualify).....\$500\***

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# DESERT AIRMAN CLASSIFIEDS

## Homes for Rent

3 bd with Den, East side, Golf Links/Pantano area, large front yard and back yard \$875/mo. + \$700. deposit (520) 312-3471.

District 16 schools, 3 bed, 3 bath townhome, view, double garage, comm. Pool/spa, \$1175/mo, Barbara 465-0111 or 795-7031.

Beautiful 2BA/2BD+Den new home. 2 Mins from Wilmot Gate, all appl water included \$875 with military discount. Small Pets OK 520-991-9520. Available now.

4 BD, 2 BA, RITA RANCH HOUSE FOR RENT, 2050 sf, appl lg fenced lot w/grass on cul-de-sac, pets OK, \$1250/mo, 743-8077.

3 br 2 ba home huge fenced back yard, covered car port. Minutes from base \$750 month 319-5541.

## Homes for Rent

Great 3 bedroom, 2 bath home in Rita Ranch near DMAFB, Formal living and dining room. Refrigerator, dishwasher, W/D, Central A/C, \$950/ month. No smoking Richard (520) 818-9534.

## Mobiles for Sale

VAIL! 1999 3 bedroom, 2 bath mobile home for sale on 1 acre! clean and well maintained, Neutral colors. \$75,000. Call Joyce at Remax Catalina Foothills Realty 577-3999. 9/12 4T/P.

## Garage & Yard Sale

Yard Sale 13 Sep (0700-1400) - too much stuff! Several items will be given away at no cost. 114 A Burt Road (Bonnie Blink Housing area) Fort Huachuca, AZ

## Garage & Yard Sale

Yard sale Saturday, September 13th, 7-11am 5919 Hercules ct. Across from Ironwood St.

Multi-Family Yard Sale Friday the 12th and Saturday the 13th only! 8:00 am to Noon Located on Tomahawk Court, off of National, across from Ironwood Park.

## Misc. for Sale

2-12" Sherwin Vega speakers used 1mo. \$125ea. Chrome brass glass shelves \$75. Tent sleeps four, two rooms \$40. New leer truck cap paid \$1,000, sell \$750. Call 514-0535.

Roll bars for short bed pick up great shape but needs repainting. Paint included. \$100. Call 584-1345.

## Misc. for Sale

Pentax K1000 Professional manuel camera. 50mm lens, 28-80macro zoom lens, UV filter, hood, strap. All \$275 OBO, Bought for \$450. Call 584-1345.

Only a few items left! Red silk roses, tulle, blank invitations and small wedding crafts. Priced to sell. Call 584-1345.

Golf Clubs (Full Set) with Leather Golf Bag \$50885-6100.

Ancient Roman Coins from 250BC-450AD. Beautiful Bronze and Copper Coins. Shows Great Detail. 5 coins for \$30 885-6100.

Like new master tow dolly heavy duty, tilt-bed with straps and spare tire, used once \$700. (520) 572-3719.

## Misc. for Sale

Century SnugRide Carseat with 5-level Adjustable Base & Infant Head Support \$30 (Paid \$99) 885-6100.

Large dog kennel for sale. It has never been used. For sale for \$45. If interested call 721-7239.

Toddler Bike, blue color w/ push/pull bar (detachable) \$35; stroller \$30.00; car seat \$30 obo for both, little tikes van \$40 (yellow & red collar) excellent condition call 514-2659/ cell 891-4985.

Carters Butterfly Activity Mat. w/ carry bag. Birth-12 months. Lots of activities. Excellent condition. \$10 (orig. \$40). 519-0077 or 370-2164.

## Misc. for Sale

Racing COLLECTIBLES stand-ups (Earnhardt, Labonte, Gordon) Also Baseball cards & rare racing sets from Daytona & Charlotte. Also have Earnhardt Tire Way too much to list Phone# 664-1910 e mail koreaseabee@MAIL.COM

Evenflo Activity Center for ages 6-12 months. Adjustable height. Removable Seat. Plenty of activities. Like New. \$35 o.b.o. (orig. \$90). 519-0077 or 370-2164.

TWO Aerosmith/KISS tickets @ Cricket Pavilion, Phoenix. 8 Oct 03, 7:00pm Section 204, row QQ, Seats 8 & 9. Awesome seats, just off center. Call Gary at (520) 250-7931, or 228-9524

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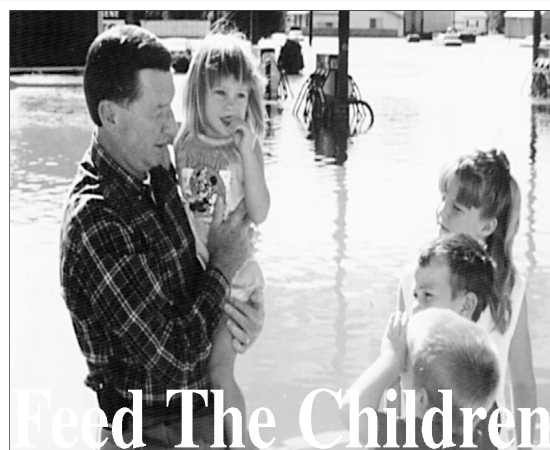
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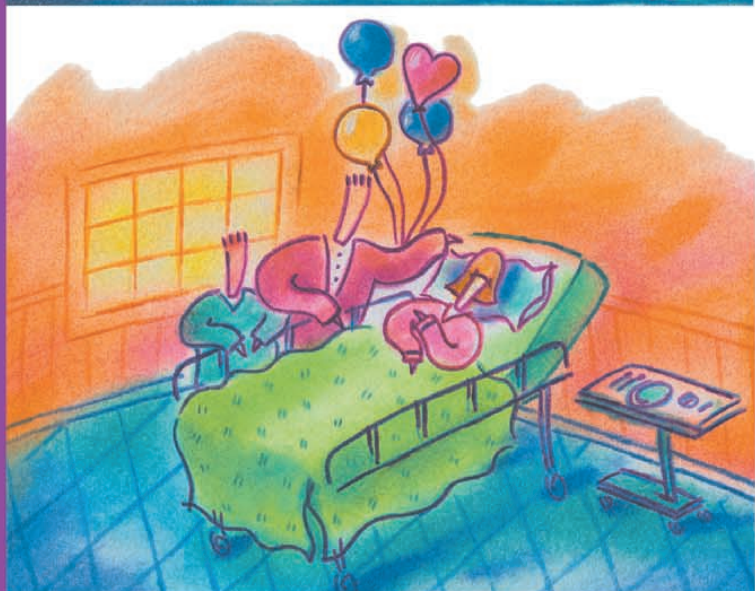
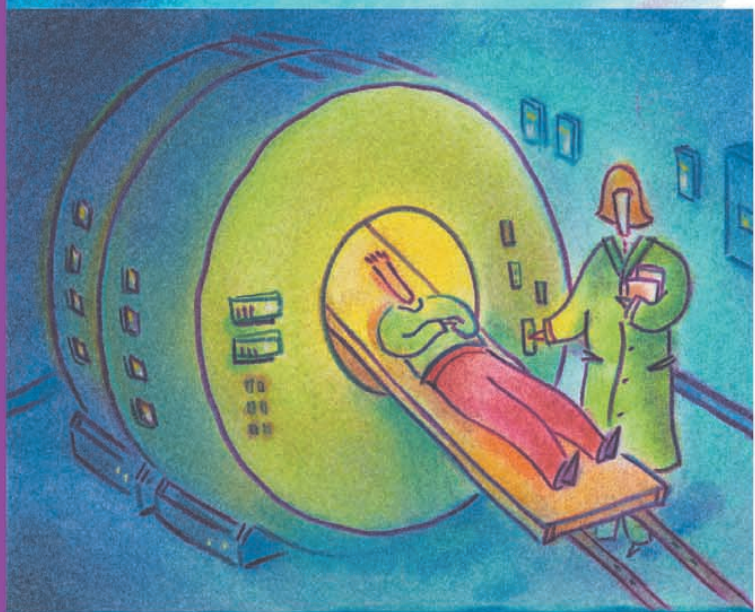


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## A CARONDELET HEALTH TIP

### Watch Your Step

by John P. Powers, DPM, Podiatric Surgery

Every day your feet endure roughly 8-10,000 steps. Many women endure those steps in high heels. This is the primary reason women have, according to the American Podiatric Medical Association (APMA), about four times as many foot problems as men.

High heels may be a major problem for women, but they aren't the only problem. Pregnancy and age are just some of the factors which play a role in foot health.

The APMA determined that high heels — pumps with heels of more than two inches — are biomechanically and orthopedically unsound. High heels may contribute to a variety of foot problems including knee and back problems, injuries resulting from falls, shortened calf muscles, and an unnatural gait.

If you're a slave to fashion you can alleviate some of the high heel damage. Limit the time you wear high heels by alternating with more comfortable, naturally fitting shoes for part of the day.

Nylon stockings can cause foot woes, too. Because nylon doesn't breathe it creates a warm, damp area around your feet, inviting fungal infections (athlete's foot). The abrasiveness of nylon combined with a tight-fitting shoe is a recipe for blisters. Even more detrimental are tighter fitting support hose.

Pregnant women should take special precautions with their feet. Pregnancy changes the entire body, but supportive, shock-absorbing shoes with broad-based heels help swollen feet and ankles to bear the weight of those changes. A podiatrist should be seen if unusual foot discomfort is experienced.

Fat pads on the bottom of the foot deteriorate as you age, so older women experience more foot trouble than younger women do. Cushioned shoes are crucial, as is a soft flexible upper that conforms to the natural shape of the foot. Wearing leather shoes that "breathe" help prevent skin irritations on the feet.

If you experience continued pain an examination by a foot and ankle specialist is in order. Attempts at self-treatment can cost you not only time and money, they might make the problem worse. Preventing foot problems can be as simple as a wardrobe change and a little extra care — a small price to pay to avoid the agony of "de feet."

Dr. Powers practices Podiatric Medicine and Surgery in Tucson and Green Valley. Call (520) 319-3283 for an appointment.

Have a health or medical question you'd like answered?

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